

JANUARY 21, 1986

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FamilyCircle®

BONUS: RECIPE-A-MONTH CALENDAR

For Southern California:
**FABULOUS BARGAINS
ON QUALITY CLOTHING**

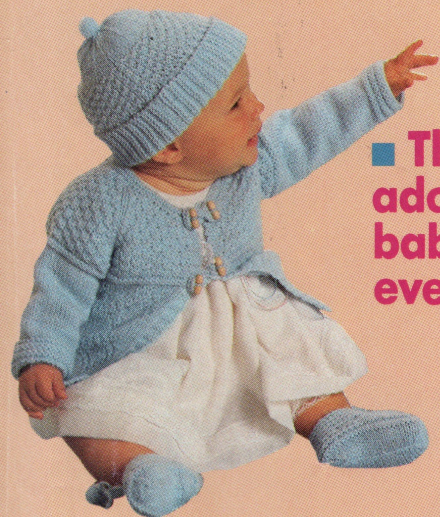
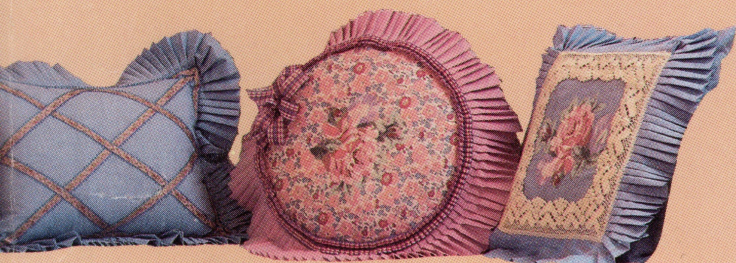
See page 152

TAKE 5 YEARS OFF YOUR BODY!

- 33 foods that curb your appetite
- The no-diet diet:
Lose 2-3 pounds a week

- Workouts that work—
trim tummy, thighs, fanny
- Handy calorie
burn-off chart

- More dash
than cash
50 crafty
decorating ideas



- The most
adorable
baby knits
ever

- How to beat colds
and flu this winter

- Enter our Win-A-Maid
contest—
and relax!



HOT 'N HEARTY CHILI

**NOW!
LOW-CAL
VERSIONS OF
OUR RECIPES**

W O M A N ' S W O R L D

Fighting hunger's deadly companion; spreading some holiday warmth with windows and water heaters. EDITED BY GERRI HIRSHEY

A SHOT IN TIME CAN SAVE YOUNG LIVES

CHRISTMAS 1980—Linda Lucero sat listening as Annie Denver spoke about world hunger in her husband, John Denver's, short film, *I Want to Live*. "When my baby cries for her bottle, I get up and give her a bottle," said Annie. "I can't imagine having a baby and not being able to feed it."

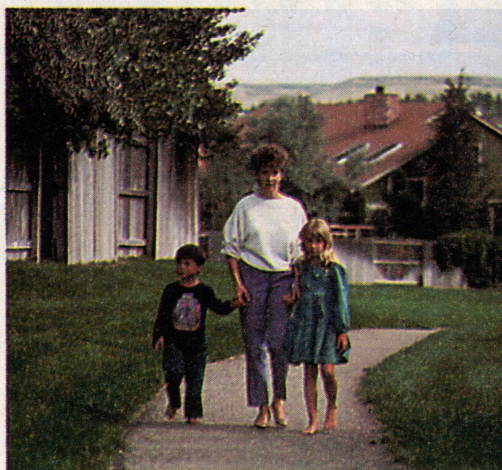
Linda thought of her two children and tried to imagine watching them starve. She decided to find out what she could do from her home in Denver, Colorado, for other mothers facing that awful reality.

As she began educating herself on the problem, Linda discovered that hunger has a deadly co-conspirator: disease. Half of the 40,000 children who die daily in underdeveloped areas do not die from lack of food but from hunger-related illnesses. Six preventable diseases—measles, polio, tetanus, whooping

cough, tuberculosis and diphtheria—are responsible for the deaths of 5 million children a year and for the disabling of 5 million more. It is estimated that such simple low-cost health measures as immunization could save up to 20,000 children a day: A full

course of vaccinations costs as little as \$5 per child.

Armed with such information, Linda became a volunteer for RESULTS, a nationwide grass roots citizen's lobby that gathers information on legislation and Government programs that address hunger and hunger-related diseases. Linda now leads the Denver chapter of RESULTS, writing, calling and meeting with elected representatives, the public and the press to urge action. Last year, RESULTS lobbied successfully for the \$60 million Child Survival Fund for child



Brian Payne/Black Star

Linda Lucero's children, Alicia and Troy, have had their vaccinations; now she lobbies to help immunize children in underdeveloped areas.

health care and nutrition. The group has also joined with UNICEF in working toward a goal that Dr. Jonas Salk, inventor of the polio vaccine, has declared achievable: the immunization of all the world's children by 1990.

Linda squeezes in her volunteer work between a career in real estate and raising her children. "My life is not like the *Donna Reed Show*," she says. "It's crazy at times. But I couldn't *not* do this work. A nice world doesn't have 40,000 children dying needlessly each day."

Linda offers these sugges-

tions for others willing to help:

- In January, UNICEF launches a Campaign for Child Survival. For an information packet on how you can participate, write to: U.S. Committee for UNICEF, Campaign for Child Survival, 331 E. 38 St., Room FC, New York, NY 10016.
- To find out more about RESULTS, write to: 245 Second St. NE, Washington, DC 20002.
- Write your elected representative urging support of legislation to create and contribute to an international immunization fund.

—GRACIELA CARRIQUE